



Fish Braised in Green Curry with Potatoes

Prep time: 10 minutes

Cook time: 20 minutes

Makes: 4 Servings

This flavorful recipe gets its unique, trendy flavor from convenient, canned coconut milk and curry paste. The low-sodium chicken broth helps keep the sodium down -- and the flavor up.

Ingredients

1 1/2 pounds fish fillets (flounder salmon or other mild fish)

coarsely ground black pepper, to taste

1 tablespoon olive oil

1 can sliced potatoes (drained)

1 can low-sodium chicken broth



1 teaspoon garlic (chopped)

Nutrition Information

Nutrients	Amount
Calories	310
Total Fat	10 g
Saturated Fat	3 g
Cholesterol	85 mg
Sodium	410 mg
Total Carbohydrate	19 g
Dietary Fiber	3 g
Total Sugars	1 g
Added Sugars included	0 g
Protein	38 g
Vitamin D	4 mcg
Calcium	20 mg
Iron	3 mg
Potassium	508 mg

N/A - data is not available

MyPlate Food Groups

	Vegetables	1/2 cup
	Protein Foods	4 ounces

1 cup canned, light coconut milk

2/3 tablespoon Thai green curry paste

2 tablespoons chopped parsley (optional)

Directions

1. Season fish fillets with pepper.
2. Heat oil in a large skillet and brown fish on both sides.
3. Add potatoes, broth and garlic to the skillet.
4. Simmer until the fish flakes with gentle pressure and internal temperature registers 145°F on a food thermometer, about 5 minutes.
5. Transfer fish and potatoes to a warm platter.
6. Over high heat, reduce liquid in the pan by about half.
7. Stir in coconut milk and curry paste.
8. Simmer until lightly thickened.
9. Stir in parsley and pour over fish and potatoes.

Notes

Use whatever type of fish are on sale or at best price.
Check prices of frozen fish fillets.

Source: Meeting Your MyPlate Goals on a Budget Toolkit by MyPlate National Strategic Partners